A STUDY OF MENTAL HEALTH PROBLEMS AMONG ADOLESCENT STUDENTS AND SOCIAL WORK INTERVENTION, WITH SPECIAL REFRENCE TO NANDED CITY OF MAHARASHTRA

1.1 Introduction:

"Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity"

- World Health Organization

Being healthy and fit in simple terms means taking good care of the body. We should remember that a healthy mind resides only in a healthy body. Good health of both mind and body help us maintain the required energy level to achieve success in our life. All of us must try to achieve wholesome health. Health is the most important thing that a person should take care of. Leading a healthy lifestyle, leads to happiness, success and achievements.

But in today's condition health is influenced by socio-economic factors as well as a number of things including our age, family history of illness, employment, education and living conditions. A variety of lifestyle or health related habits behavioural factors major impacting on a person's health. Behavioural and social issues that impacting on health includes smoking, alcohol, poor diet leading to obesity or malnutrition, lack of physical exercise, sexual behaviour and drug taking has influence on physical and mental health of human being.

According to the World Health Organization (WHO), Mental health is defined as a ***"state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."***

Mental health and stability is a very important factor in a person's everyday life. Social skills, behavioural skills, and someone's way of thinking are just some of the things that the human brain develops at an early age. Learning how to interact with others and how to focus on certain subjects are essential lessons to learn from the time we can talk all the way to when we are so old that we can barely walk. However, there are some people out there who have difficulty with these kind of skills and behaving like an average person. This is a most likely the cause of having a mental illness. A mental illness is a wide range of conditions that affect a person's mood, thinking, and behaviour.

Depression, stress, suicide, these words have become casual in the urban dictionary and are often used irresponsible, by the media, cinema, and in daily conversations. However, the gravity of mental illness is rarely comprehended by the masses. According to an India Spend report, the number of Indians suffering from mental illness exceeds that of the population of South Africa. At present, the mentally ill account for nearly 6.5 percent of the country's population and it is estimated that by 2020 this number will increase to a staggering 20 percent. Further, the World Health Organisation estimates that nearly 57 million Indians suffer from depression. Simply put, one in every 22 people suffers from depression and yet, the social stigma and label attached to this increasingly common mental illness continues to scare individuals away from seeking appropriate treatments.

India has one of the world's highest suicide rates for youth aged 15 to 29, according to a 2012 Lancet report, In 2015, Maharashtra reported most student suicides of any state: 1,230 of 8,934 (14%) nationwide, followed by Tamil Nadu (955) and Chhattisgarh (625). Maharashtra and Tamil Nadu are among India's most advanced states, and their high rate of suicides could reflect the pressures of economic growth.

Student suicides are becoming increasingly common in Kota, Rajasthan, considered the capital of India's shadow education system. Its many commercial coaching centers, that guarantee success in professional entrance exams, pressure students into striving for unrealistic goals. Unable to cope with failure and anxious about letting their family down, a growing number of Kota students opt to end their lives.

Institute of Mental Health and Neuro-Science, the Ministry of Health and Family Welfare and their partner institutions, the NMHS 2015-16 reveals that nearly 15 per cent of Indian adults (those above 18 years) are in need of active interventions for one or more mental health issues; Common mental disorders, severe mental disorders and substance use problems coexist and the middle age working populations are affected most; while mental health problems among both adolescents and elderly are of serious concern, urban metros are witnessing a growing burden of mental health problems. The disabilities and economic impact are ominous and affect work, family and social life.

Mental health problem and mental disorders in childhood, adolescence and young adulthood can cause major suffering for the individual and their families and impact on educational, psychological and social development. They can be associated with a variety of physical health problems, risk behaviours, reduced school performance and vocational attainment, suicidal thinking and actions, later mental health problems, substance abuse and disharmony and stress in families.

The lack of attention to the mental health of adolescents may lead to mental disorders with lifelong consequences, undermines compliance with health regimens, and reduces the capacity of societies to be safe and productive. Absence from education, underachievement leading to dependency, involvement in criminal activity, the use of illicit drugs, the inability to benefit from rehabilitation,

morbid medical conditions are but some of the very impacts that adolescents of today are faced with.

In shaping services to respond effectively to the mental health needs of adolescents, it is necessary to understand the mental health problems and disorders as they affect adolescents across the population as a whole and to identify the factors that may increase the risk, or protect against, such problems. In addition, it is essential that there is an active process to seek out the needs and capacities of adolescents so that service development may be responsive to these unmet needs of the adolescents.

1.2 STATEMENT OF THE PROBLEM

Greater importance has been attached to the developmental changes that occur during this adolescence phase since the dawn of human civilization. Adolescents account for one fifth of the world's population and have been on an increasing trend. The World Health Organization defines adolescents as young people aged between 10-19 years. There are about 1.2 billion adolescents, a fifth of the world's population, and their numbers are increasing.

Worldwide 10-20% of children and adolescents experience mental disorders. Half of all mental illnesses begin by the age of 14 and three-quarters by mid-20s. Neuropsychiatric conditions are the leading cause of disability in young people in all regions. If untreated, these conditions severely influence children's development, their educational attainments and their potential to live fulfilling and productive lives. Children with mental disorders face major challenges with stigma, isolation and discrimination, as well as lack of access to health care and education facilities, in violation of their fundamental human rights.

The Adolescent in the age group of 10-19 yr in India constitutes one of the precious resources of India characterized by growth and development and is a phase of vulnerability often influenced by several social, economic and other factors that affect their health and safety. Nearly 10-20 per cent of adolescents suffer from health impacting behaviours and conditions that need urgent attention of policy makers and public health professionals. Malnutrition, tobacco use, harmful alcohol use, other substance use, high risk sexual behaviours, stress, common mental disorders, and injuries like road traffic injuries, suicides, violence of different types, specifically affect this group of population and have long lasting impact. Multiple behaviours and conditions often coexist in the same individual adding a cumulative risk for their poor health. Many of these being precursors and determinants of non communicable diseases (NCDs) including mental and neurological disorders and injuries place a heavy burden on Indian society in terms of mortality, morbidity, disability and socio-economic losses Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community

Adolescents have often been viewed as group of people with problems, disturbances. They have very special and distinct needs, which cannot be overlooked. It is also essential to invest in adolescents, as they are the future of our country. By addressing their needs one would not only be contributing to the socio-economic development of the country but also to other social concerns like social harmony, gender justice, population stabilization and improving the quality of life of our people.

The academic career development stress is an individualized phenomenon, unique to each student and setting. It is a subjective feeling which is hard to avoid by students. The sources of academic stress may be life events or chronic strains

related to academic programs and workload. Such stress may elicit fear, tension and other psychosomatic problems and may be associated with a variety of serious negative outcomes in the adolescents, including suicidal ideation, smoking and drinking. In extreme situations, adolescents may seek professional help to cope up with the effects.

The study of adolescence is also important to apprise the teachers, parents and social workers of the needs and the developmental tasks for adolescents so that they can be prepared to train adolescents who may cope with the problems and shoulder their responsibilities in the society without any emotional tension.

1.3 REVIEW OF LITERATURE :

Many studies has provided information on the various aspects of specific adolescent mental health problems and disorders. A number of studies abroad have focused on both the innate nature of mental health and also the protective aspects of the same.

M. Rutter and D.J Smith, 1995: Among young people problems such as suicide, conduct disorders, alcohol and drug abuse, depression, and attention deficit disorder, are all becoming more common, and there are increasing levels of abuse and neglect.

Zubrick et al., 1995; 1997 : Children or young people with mental health problems are more likely to report feeling very stressed, have poor or fair physical health, perform below grade level at school, or use alcohol or other drugs, and think about killing themselves.

Zubrick et al., 2000 : There is increasing evidence that many mental health problems that occur in childhood continue into adult life, carrying with them an

increased risk of adult mental health disorder, death, delinquency, crime, unemployment and homelessness

1.4 **OBJECTIVES OF THE STUDY:**

1) To identify mental health problems of adolescent students.
2) To identify awareness of mental health among adolescent students.
3) To understand factors affecting the mental health of adolescent students.
4) Access government policies and programs for mental health of adolescents.
5) To understand the role of social work intervention in problem solving among mental health of adolescent students.

1.5 Hypothesis

1) Mental health problems are increasing day by day among adolescent students.
2) Adolescent students are not aware about mental health.
3) Socioeconomic factors are responsible for the adolescent student's mental health problem.
4) Government policies and programs are not in favor with mental health, compared to physical health.
5) Professional social work can give significant intervention in mental health problems of adolescents.

1.6 OPERATIONAL DEFINITIONS:

The following working definitions have been evolved for the purpose of present study.

Mental Health:

A 'state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community' (World Health Organization).

In the present study the variability of Mental Health has been analyzed health-seeking behavior of adolescents.

Adolescent:

Means, "To emerge". This is a relatively new concept, especially in development thinking. Adolescence is a developmental transition between childhood and adulthood. It is generally considered to begin at about age ten and to end in; the late teens i.e.10-19 years as per the WHO guidelines

In the present study, the term 'adolescent' includes both male and female students aged 13 to 19 years, studying in the classes' eighth to twelfth in the schools covered by the present study

Social Work Intervention :

"Social work is a profession concerned with helping individuals, families, groups and communities to enhance their individual and collective well-being. It aims to help people develop their skills and their ability to use their own resources and those of the community to resolve problems. Social work is

concerned with individual and personal problems but also with broader social issues such as poverty, unemployment and domestic violence." - Canadian Association of Social Workers.

Social Work Intervention often focuses on problem solving and change management, building on strengths and fostering the child/young person's and the parent/carers competencies, self-development potential and on promoting positive relationships.

Preventive, promotive, curative and rehabilitative interventions can be carried out by professional social workers in Adolescent mental health setting.

Problems:

In this study Problems would mean the difficulties that the adolescents experience in the form of ill health, loneliness, depression, stress, exploitations, abuse, run away tendencies, hesitation, inferiority complex and further different difficult situations experienced.

1.5 Research Design:

It is impossible to do research without research design. The process of research will be mentioned in research design before doing it. The research design helps to understand the problem which can arise during research & it can also help to suggest solution regarding that problem.

This research is based on explorative and descriptive study confined to study the mental health problems of adolescent students in general. A sample 300 adolescent students will be selected on simple random sampling basis from secondary schools and junior colleges. The primary data will be collected through structural interview schedule. The secondary data of this study will be collected

from census reports, health department reports, Record from hospital, schools, the books and journals, articles published on the issue. The secondary data also will be including vernacular news papers, internet for first hand information. The data collected will be interpreted by applying simple statistical methods. The analysis of data will be presented by constructing two way tables. The last summary of findings of the study will be presented as suggestions and recommendations for further guidance and research.

Sampling Method: The said study sample will be selected by using simple random sampling method which will be more appropriate for the present research study.

Sample Size: A sample of 300 adolescent students aged 13 to 19 years, studying in the classes' eighth to twelfth in the schools located in Nanded city will be selected.

Tool of Data Collection: The primary data will be collected through structural interview schedule. The secondary data of this study will be collected from census reports, health department reports, Record from hospital, schools, the books and journals, articles published on the issue. The secondary data also will be including vernacular news papers, internet for first hand information.

Analysis of Data: The Data Analysis Will be done by using SPSS package and presented in using univariate, bivariate and multivariate tables will be developed according to the issues.

Area of the study (Universe) : The Nanded city has been selected as the universe of the study. The present study is confined to adolescent students studying in different secondary and higher secondary school located in Nanded City.

1.6 Limitation's of Research: The scope of this research is limited to the adolescent students those who are belongs from different families of upper class, middle class and lower class studying in secondary school and higher school (Junior colleges) in Nanded city only so the findings of this study is based on information given by the respondents which may have their own limitation.

1.7 Tentative Chapterisation

Chapter I - Will deals with introduction to the problem.

Chapter II - Will deals with the Review of literature.

Chapter III - Will deal with Research Methodology and people of the universe.

Chapter IV - Focus on the Mental health problems of adolescent students.

Chapter V - Will bring awareness of Mental health among adolescent students.

Chapter VI - Will deals with social work intervention in mental health problems among adolescent students.

Chapter VII – Will highlights the findings, conclusions, suggestions and recommendation of the study.

This is only a structure of research, some change may be occurring as per the situation.

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